

Activities organized by Public Health Office (PHO) of VES College of Pharmacy (2020-21)

Sr. No	Event organized	Location for event	Date	Participated population / Target audience	Number of VESCOP students participating in the event
1	Blood And Blood products Quiz	Online / Social Media	7 th Januray to 15 th January 2021	571	12
2	Quiz (Ayurveda)	Online / Social Media	18 th October to 26 th October 2020	418	4
3	Quiz (Pollution)	Online / Social Media	20 th November to 28 th November 2020	273	3
4	World Health Day – WorldAIDS Day Campaign	Online / Social Media	1 st December 2020	38	21
5	Innovative Campaign- CarbonFootprint Awareness	Online / Social Media	4 th February to 6 th February 2021	Online posts	25



VES COLLEGE OF PHARMACY



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6	Lockdown Health Awareness Campaign	Online / Social Media	30 th October and 1 st November 2020	80	17
7	Community Outreach Campaign	Online / Social Media	13 th November 2020	Online post	13
8	Pharmacy Profession Awareness Camp	Online / Social Media	16 th January 2021	112	11
9	First Aid Camp	Online / Social Media	7 th February 2021	68	4

File/s will carry all reports and official communications

PUBLIC HEALTH OFFICE 2020-21

Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum

Activity Report – “Blood and Blood Products” Quiz

- Type of the campaign: Blood and Blood Products’ Quiz
- College Code:02

Coordinator of Activity and her/his email address and contact number:

Mr. Pratik Barve
+91 9619515815.

Digital platform/s where the event was conducted:

Sr. No.	Name of the digital platform along with the social media handle	Date	Activity
1.	Instagram: CODE NO.2	07/01/21-15/01/21	Quiz
2.	Twitter: CODE NO.2	07/01/21-15/01/21	Quiz
3.	Facebook: CODE NO.2	07/01/21-15/01/21	Quiz

Number of target audience: 571

List of volunteers and their contact numbers:
(Scanned IDs to be attached at the end with the photos)

Name	Contact no.	Name	Contact no.
Santhanalaxmi Kumaresan	7045582214	Arbaaz Khan	9769603649
HabilHirkani	8850020130	Akansha Soman	8828482903
Prajakta Deole	7400208850	Upasana Tiwari	9819971088
Umang Ashar	7045887161	Gerard Fernandes	7045650190
Shubhangi Yamgar	9137189885	Anupama Nair	8104584668
Ankita Rai	9136249700	Aayushi Dumbre	9324238606



Dr. (Mrs.) *Supriya S. Shidhaye*
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074

A total of 571 responses are evidence of the success of this quiz. The sole purpose of the quiz was served after taking a look at the responses. Most people are aware about blood but very few are aware about Blood products. After attempting the quiz, most of the people are now aware about blood and specifically blood products. This quiz has surely been a great way of spreading awareness.

Activity Report –“QUIZ” (AYURVEDA)

- College Code:02

- Coordinator of Activity and her/his email address and contact number:

Mr. Pratik Barve
9619515815.

- Digital platform/s where the event was conducted:

Sr. No	Name of Platform & Social Media Handle	Date	Activity
1.	Instagram: vescop.pho	18/10/20 - 26/10/20	Quiz
2.	LinkedIn: VESCOP-PHO	18/10/20 - 26/10/20	Quiz
3.	Twitter: VESCOP.PHO	18/10/20 - 26/10/20	Quiz
4.	Facebook: VESCOP.PHO	18/10/20 - 26/10/20	Quiz

- Target Audience: 418.

- List of volunteers and their contact numbers:
(Scanned IDs attached at the end with the photos)

Name	Contact no.
Khan Arbaaz	9769603649
Kadu Archit	9029467546
Gadre Ojas	7045682074
Soman Akanksha	8828482903

Description of the activity:

- ❖ Methods used for conducting the quiz:



Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

On this note, the Public Health Office of CODE NO. 2 conducted a quiz on 'Ayurveda' through a Google Form on the above mentioned social media handles from the 18th of October to 26th of October. The aim of the quiz was to create awareness about Ayurveda and Ayurvedic medicines. A Google Form was created comprising of twenty questions which covered different aspects of Ayurveda like its origin, literature, ministry, marketed products, and uses. The quiz also underlined the significance of traditional knowledge and why it is important to not ignore it.

A poster and a trailing message was created for promotion of the quiz which was circulated via various social media pages. Apart from this, promotion on a personal level was done by the committee members by their own personal resources.

The volunteers enthusiastically prepared & promoted the quiz. In approximately 8 days, 418 unique responses were recorded. All the questions were answered and the beneficiaries got a wholesome idea about Ayurveda, its importance and the crucial role it still plays in our day-to-day life. This ensured that the objective of the Quiz was fulfilled. Through this Google Form, an attempt to make people aware about various Ayurvedic drugs and its ancient rich history was made.

Activity Report – “QUIZ” (POLLUTION)

- **College Code: 02**
- **Co-ordinator of Activity and her/his e-mail address and contact number:**
Mr. Pratik Barve
CODE NO. 2
9619515815.
- **Digital platform/s where the event was conducted:**

Sr. No.	Name of Platform & Social Media Handle	Date	Activity
1.	Instagram: vescop.pho	20/11/20 - 28/11/20	Quiz
2.	Twitter: VESCOP.PHO	20/11/20 - 28/11/20	Quiz
3.	Facebook: VESCOP.PHO	20/11/20 - 28/11/20	Quiz

- **Target Audience: 273**
- **List of volunteers and their contact numbers:**
(Scanned IDs attached at the end with the photos)

Name	Contact no.
Ankita Rai	9136249700
Haabil Hirkani	8850020130
Gerard Fernandes	7045650190

Description of the activity:



Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

1. **For conducting the quiz:**

Pollution is any kind of impurity. Factually, it can be described as the addition of substances to the environment faster than the environment can dispose, recycle, decompose or store it in a harmless state. There are different types of pollution including air, water, soil and sound pollution and all these continue to cause major problems. In the quest to better our lives, we forget or rather ignore the negative impacts such deeds can have on the environment. The fumes that emerge from factories and vehicles not only make it difficult to breathe but also affect the ozone layer. The garbage, honking and blaring music are all menaces that we should aim to reduce for a better planet.

On this note, the Public Health Office of CODE NO. 2 conducted a quiz on 'Pollution' through a Google Form on the above mentioned social media handles from the 20th of November to the 28th of November, 2020. The aim of the quiz was to give a reality check on Pollution and its cascading effects on environment and human life. A Google Form was created consisting of twenty questions which covered different aspects of Pollution like its causes, effects, laws, hazards, and disastrous instances. The quiz underlined the fact that although pollution is a serious issue affecting our planet today, many people still continue to turn a blind eye to it. Our physical and psychological wellbeing is affected by the kind of pollution we are exposed to. There are many organs and bodily functions that can be harmed, the consequences include but are not limited to respiratory, nervous, cardiovascular damage, harm to liver, spleen and blood, fatigue, headache, anxiety, infertility, and irritation to eyes, nose and throat. This therefore suggests an urgent need to tackle the issue to prevent further damage.

❖ **Advertisement of activity:**

A poster and a trailing message was created for the promotion of the quiz which was circulated via various social media pages. Apart from this, promotion was done by the committee members through WhatsApp.

❖ **Result of your activity:**

The volunteers enthusiastically prepared & promoted the quiz. In the allotted 9 days, 273 unique responses were recorded. All the questions were answered and the beneficiaries got an eye opener on Pollution and the threat it possesses. This ensured that the objective of the quiz was fulfilled. To sum it up, all types of pollution are hazardous and come with grave consequences. Tackling pollution calls for joint efforts, so everyone from individuals to industries should join hands to take steps towards change. All of us must take a stand and make our voices heard to make our planet pollution free.

Activity Report – “World Health Day – World AIDS Day” Campaign

College Code:02

Coordinator of Activity and her/his email address and contact number:

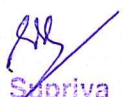
- Mr. Pratik Barve
9619515815
- Sakhi Chaar Chowgi Trust
Anu Gauri
8108281665

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Date	Timing (in case of webinar or live stream)	Activity
1.	Google meet	1 st December, 2020	5-6 pm	Webinar
2.	Instagram	1 st December, 2020		1)World AIDS Day – Break the stigma, not the stigmatized – Video 2)Gif
3.	Facebook	1 st December, 2020		1)World AIDS Day – Break the stigma, not the stigmatized – Video 2)Gif
4.	Twitter	1 st December, 2020		1)World AIDS Day – Break the stigma, not the stigmatized – Video 2)Gif

Number of target audience (in case of webinar/ live stream): 38




Dr. (Mrs.) Sapriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Santhanalaxmi Kumaresan	7045582214	Prachi Singhvi	8433626265
Haabil Hirkani	8850020130	Saurabh Yadav	8652135130
Anupama Nair	8104584668	Hardik Shah	7021518772
Prajakta Deole	7400208850	Harshil Shah	9004123431
Aayushi Dumbre	9324238606	Ojas Gadre	7045682074
Akshay Gaikwad	9082620256	Ankita Rai	9136249700
Ashok Choudhary	8879428237	Arbaaz Khan	9769603649
Bhairavee Chimane	7045635257	Gerard Fernandes	7045650190
Gurpreet Kaur	9892284416	Shubhangi Yamgar	9137189885
Nandani Singh	9768569608	Upasana Tiwari	9819971088
Ambika Thakur	9004322016		

Description of the activity:- World Health day: World AIDS Day

Methods used for conducting the campaign:

World AIDS Day is celebrated on 1st December every year since 1988 in order to spread awareness of the AIDS pandemic. AIDS is a disease that can develop in people with HIV. It's the most advanced stage of HIV. But just because a person has HIV doesn't mean they'll develop AIDS. HIV is a virus that damages the immune system. The immune system helps the body fight off infections. Untreated HIV infects and kills CD4 cells, which are a type of immune cell called T cells. Over time, as HIV kills more CD4 cells, the body is more likely to get various types of infections and cancers.


HIV is transmitted through bodily fluids that include:

- blood
- semen
- vaginal and rectal fluids
- breast milk

The virus doesn't spread in air or water, or through casual contact.

On December 1st 2020, CODE NO.2 in Collaboration with Sakhi Chaar Chowgi Trust, a trust run by transgender, took on this mission to eradicate social stigmas prevalent in the society about this disease, and spread awareness in the process. A webinar was organized, where speaker Anu Gauri and Rakhi Tambe elaborated on the various aspects of AIDS including the spread of the disease, its prevention and treatment facilities available. They also enlisted the hospitals in which the government




Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

Activity Report – “Innovative Campaign-Carbon Footprint Awareness”

Type of the campaign to be mentioned – Innovative camp

College Code: 02

Coordinator of Activity and her/his email address and contact number:

Mr. Pratik Barve
9619515815

Digital platform/s where the event was conducted:

Sr. no	Name of the digital platform along with the social media handle	Date	Timing (in case of webinar or live stream)	Activity
1.	YouTube	04/02/2021 to 06/02/2021	NA	1)Video Survey 2)Calculator Demo
2.	Facebook	04/02/2021 to 06/02/2021	NA	1)Video Survey 2)Calculator Demo 3)Gif – of all 3 days
3.	Instagram	04/02/2021 to 06/02/2021	NA	1)Video Survey 2)Calculator Demo 3)Gif – of all 3 days 4)Commute-carbon
4.	Twitter	04/02/2021 to 06/02/2021	NA	1)Video Survey 2)Calculator Demo 3)Gif – of all 3 days
5.	Website (blog)	04/02/2021 to 06/02/2021	NA	1)Result analysis article 2)Calculator

List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Santhanalaxmi Kumaresan	7045582214	Sarita Sonar	7506850130
Haabil Hirkani	8850020130	Nistha Pal	8433871759
Prajakta Deole	7400208850	Ambika Thakur	9004322016
Arbaaz Khan	9769603649	Anjali Waybase	8652094043
Ankita Rai	9136249700	Divya Karepaka	9029640175



Dr. (Mrs.) Supriya S. Shidhaye
Vivekananda Education Society's
College of Pharmacy
HAMC, Emerald Collector Colony,
Chembur, Mumbai - 400 074.

provided free of cost testing and treatment for AIDS. Emphasis was made on the treatment and mental health counseling required by HIV positive patients. Light was shed upon the misconceptions to help eradicate them. A poetry about the turmoil faced by a person with AIDS due to the outlook of the society was recited. This was followed by a few quotes on AIDS Awareness by student volunteers. The audience were encouraged to interact with the volunteers and clear any doubts that they might have.

A video was released on the same day – 'World AIDS Day – Break the Stigma, Not the Stigmatized' on YouTube, Instagram, Facebook and Twitter. This video highlighted the dark side of the life of HIV positive individuals and focus was mainly on societal stigma on this disease. This video also includes the most famous misconceptions about the disease and the actual facts about the same. GIF is one of the most popular features among the young generation, it was used to call attention to basic aspects of awareness about AIDS. GIF made it easy to share the most important information in the most concise form.

Advertisement of the activity:

PR messages for both the YouTube video as well as the webinar were circulated through various social media sources. In order to have a greater reach, Sakhi Chaar Chowgi Trust also spread a word regarding the webinar. The Social media links for the video and Google meet link for the webinar were circulated via all the social media platforms and also promoted by student volunteers. GIF was posted on various social media platforms.

Result of your activity:

The volunteers enthusiastically participated in the activity with great zeal. Their cooperation and the willingness as the audience of the webinar, made this campaign a successful one. The Video titled "Break the Stigma, Not the Stigmatized" and AIDS Awareness GIF received various appreciable comments on the social media platforms.

Shubhangi Yamgar	9137189885	Anjali Dighe	8169079671
Gerard Fernandes	7045650190	Shrejal Kanojiya	8425973900
Upasana Tiwari	9819971088	Sneha Pillai	8928631482
Akansha Soman	8828482903	Rajpreet Kaur Buttar	7045510121
Anupama Nair	8104584668	Omkar Toke	9892437013
Aayushi Dumbre	9324238606	Roshni Jaiswal	8433505787
Shruti Kulkarni	9969143483	Mrunmay Joshi	8850376491
Umang Ashar	7045887161		

Description of the activity-

Innovative Camp: Carbon footprint Awareness

Methods used for conducting the campaign:

"A **carbon footprint** is the total greenhouse gas (GHG) emissions caused by an individual, event, organization, service, or product, expressed as carbon dioxide equivalent." Humans are the major contributors to greenhouse gases. Carbon footprints are one of the most ignored problems today. Transportation, electricity production, industries, commercial and residential emissions, agriculture, and land use are the major human activities that contribute to the carbon footprint. Carbon emissions, being a part of greenhouse gas emissions, are detrimental to the environment and contribute significantly towards climate change and resource depletion. The use of 5R's (Refuse, Reduce, Reuse, Recycle, and Rot) can benefit the reduced carbon footprint. By switching to public transport, turning off electrical appliances when not in use reduces carbon footprint. Carbon emissions can generate from a lot of sources, and they have pretty sizable contributions each. Little steps towards minimizing one's carbon footprint will go a long way in reversing climate change.

So, let's cut the CARB and reduce our Carbon Footprint.

This camp was conducted from 4th February to 6th February, 2021. The camp was organized in a series of events which had a sole purpose of creating more and more awareness about carbon footprint.

DAY 1: 4th February, 2021.

A survey video was uploaded on YouTube and a link was shared on all the social media platforms. This survey helped us to know about the knowledge people have about carbon footprint. Questions such as what is carbon footprint, what are the causes of carbon footprint etc. were asked. This video also helped to highlight Carbon footprint among the community. It gave clarity regarding the points to be the focus on during this camp. A GIF was shared on all social media handles. This gif gave a basic idea about what exactly Carbon footprint is.

DAY 2: 5th February, 2021.

On this day, a demonstration video on how to use the calculator that was available on our website was posted on YouTube and the link for the same was posted on Instagram, Facebook, etc. In the video, one of our volunteers briefly explained the steps for using the calculator. After watching this video, the individuals calculating their carbon footprint could do it



AS
Dr. (Mrs.) Sapriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

with great ease. The calculator can help an individual to calculate his or her House, flights, car, motorbike, bus & rail as well as secondary carbon footprint. After calculating, one could clearly understand which activity of theirs created the most of the carbon footprint. After analysis of the results, one could easily reduce the carbon by switching to alternative ways wherever possible.

DAY 3: 6th February, 2021.

Commute-e-Carbon, an activity to find a solution to lessen the carbon was conducted. In this activity, anyone could portray their ideas through any form including art, poster, poems, quotes, slogans, etc. A PR message and jpg were propagated 2 to 3 days prior so as to give sufficient time for the participants to think and prepare. The ideas were supposed to be posted on Instagram handle and CODE NO.2 was to be tagged with a hashtag #rescuethefuture. The best ideas were featured on our Instagram handle and the participants were provided with an e-certificate to encourage their ideas. A gif was passed – around and posted on all social media handles with the message of growing more trees to reduce carbon footprint. A result of the activity was published on CODE NO .2 blog concluding the methods to lessen the carbon footprint and requirement for calculating the same.

Advertisement of the activity:

For the promotion of this camp PR messages along with jpg were used. The GIFs that were posted on various social media platforms were shared by the PHO members on their stories, status and via private messages. To encourage people to make the fullest of this carbon footprint calculator, a gif was circulated and posted on various social media platforms. On each of the days in some or the other way, this camp was promoted using all social media means.

Result of your activity:


While conducting and promoting this activity we observed that most of the people were unaware of carbon footprint. Most of them had heard such a term for the first time in their life. So, we can say that this camp was surely a success as the unheard Carbon footprint now is heard by many. The whole motto of the camp was justified.

All the links used during the camp:

Sr. No.	Date	Name of the digital Platform	Timing	Activity
	4 th February, 2021		NA	Video survey – Carbon Footprint
				GIF
Day 2	5 th February, 2021		NA	Carbon Footprint Calculator- A Demo
				GIF

				Calculator
Day 3	6 th February, 2021		NA	Registration of Commute-e- Carbon (Google form)
				Response excel sheet
				Result analysis article




 Dr. (Mrs.) Supriya S. Shidhaye
 PRINCIPAL
 Vivekanand Education Society's
 College of Pharmacy
 HAMC, Behind Collector Colony,
 Chembur, Mumbai - 400 074.

Activity Report – “Lockdown Health Awareness” Campaign

College Code: 02

Co-coordinator of Activity and her/his e-mail address and contact number:

Mr. Pratik Barve
9619515815

Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Date	Timing (in case of webinar or live stream)	Activity
1.	YouTube	30 th October		Corona warriors' video
		31 st October		Covid safety measures video
		1 st November		Just breathe-Yoga webinar
2.	Instagram	30 th October		Meme-yard
		1 st November	11.30 am – 12.30 pm	Instagram live - interactions
		1 st November		Untold Stories
3	Facebook	30 th October		Corona warriors' video
		31 st October		Covid safety measures video
		1 st November		Just Breathe-Yoga webinar

Aim and Objective: To spread awareness about the effect of lockdown on health and make people understand how they can maintain their mental health.

Number of target audience (in case of webinar/ live stream):

Date	Activity	Target Audience
31 st October	Mask-e-teers	20
1 st November	Insta live	32
	Just breathe	28

List of volunteers and their contact numbers:
(Scanned IDs to be attached at the end with the photos)

Name	Contact no.	Name	Contact no.
1. Ojas Gadre	7045682074	10. Sarita Sonar	7506850130
2. Tanvi Shivnekar	8850271870	11. Shruti Kulkarni	9969143483
3. Kirandeep Parihar	797708130	12. Ankita Rai	9136249700
4. Akansha Soman	8828482903	13. Shubhangi Yamgar	9137189885
5. Upasana Tiwari	9819971088	14. Umang Ashar	7045887161
6. Gerard Fernandes	7045650190	15. Santhanalaxmi Kumaresan	7045582214
7. Aayushi Dumbre	9324238606	16. Haabil Hirkani	8850020130
8. Nishta Pal	8433871759	17. Prajakta Deole	7400208850
9. Arbaaz Khan	9769603649		

Description of the activity- Lockdown Health Awareness Camp

Methods used for conducting the campaign:

"Health is a state of complete physical, mental and social well-being and is not merely the absence of disease or infirmity" Good health is the most valuable gift that any human being can receive. And this lockdown has affected our social, mental, and physical well-being. We need to spread more and more awareness about health during this lockdown. To contribute towards the community, we at CODE NO.2 held a '3-day Lockdown Awareness Camp' between 30th October to 1st November. The details of the camp are as follows,

Day-1: Corona Warriors Interview video -30thOctober
Meme – yard voting time – 30th and 31thOctober

The interview of corona recovered patients was conducted. The warriors included a school student, few college students, a nurse, and a businessman so that the experience from



Sh
Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

different age groups is known. Questions regarding the symptoms, mental health, etc. were asked. As these warriors answered, we were able to find more about what exactly a person goes through when suffering from the Corona virus. These warriors being people just like us and still able to overcome such a virus will inspire many through their words and experience the video of these interviews was prepared and posted on Instagram, YouTube, and Facebook. A meme yard activity was held to spread awareness through the most trending memes on various social media and lighten up the stressful environment. Meme cartoon helps in reliving anxiety and improve moral which was the sole purpose of conducting this activity. A week was given to the participants for the submission of their memes as it requires time. The voting was conducted by keeping the count of likes the meme get after it was posted on the Instagram handle – CODE NO. 2 The voting was open for two days i.e., from 30th and 31st October. The top 3 memes were featured on Instagram.

Day 2: Covid safety measures video, Mask-e-teers evaluation- 31st October
Meme yard Voting – 30th and 31st October

In continuation of the corona virus video, to spread awareness of safety measures to be taken during the lockdown video was released on YouTube, Instagram, and Facebook. Some of the topics covered in the video were the use of different masks, the use of sanitizers, and the significance of washing hands frequently as well as social distancing. Effective delivery and a short demonstration of how to wash hands helped in spreading awareness more efficiently. These measures being easy to be practiced by the common people will help them maintain their health. Moreover, this is one of the most important way to escape through Corona virus. Mask-e-teers, an activity conducted for the artist to display their creativity and inspire others to use masks by making them attractive on their own! To know the perspective of people, the participants had to explain what they want to convey through their painted masks This activity helped the participants and the audience to relive stress to certain extent because when people create something beautiful through painting, they stimulate the creative mind while relieving mental strain. A low stress level leads to a happier, healthier lifestyle and helps improve overall mental health which is a need. For the same, a Google meet held on 31st November between 6 pm to 7 pm, where the participants presented their mask and the message they had for the viewers. The winners were featured on Instagram with photos of masks. As the meme yard voting ended the count of likes was recorded.

Day 3: Live on Life (Instagram), just breathe (yoga webinar) and Untold Stories - 1st November

Today, as most of us are very active on Instagram- it's the best mode to spread awareness on a larger scale so an Instagram live was conducted on 1st November between 11.30 am to 12.30 pm. Numerous people actively participated and shared their views on lockdown and were asked a few questions by a PHO volunteer. The live helped people share their point of view on lockdown health. Many of the participants focused on how they started working on their hobbies to overcome anxiety. 'Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.' Just breathe, a yoga webinar conducted on 1st November between 5.00 pm to 6.00 pm on Google meet. In this webinar the instructors demonstrated sitting and standing asana. As most of us are working or studying by sitting in a chair, for their convenience they demonstrated an asana that can be performed

using a chair. This webinar not only helped to attain physical and mental well-being but also social well-being as this was an interactive session. About 25 participants attended this session while a few performed along with the instructors. This session has thrown some light on how yoga can help in maintaining good health during this lockdown. At the end of the session a short Q&A session was conducted wherein the participants cleared all their doubts. The recording of this session was uploaded on YouTube so that more and more people could take advantage of it.

Along with these events, untold stories of in charge of blood banks were posted on Instagram. Mr. Bhimrao Jadhav Sir, Mrs. Neeta Dange ma'am and Mr. Prakash Sawant Sir of Pallavi Blood Bank, JJ Blood Bank and KEM Blood Bank respectively shared their stories. A deep message was received from the bottom of the heart of these unsung heroes, their heart cried for blood which saves a life and is short due to the lockdown and pandemic. Their stories have surely shaken our hearts. They work day and night for the good of the society without giving a thought about what if they get infected by Covid-19. The only motto of these untold stories is to spread awareness about blood donation during this crisis. There are many such untold stories and untold heroes and we should support these heroes by donating blood during this pandemic. The results of the activities were declared on 1st November on Instagram. A feedback form was circulated amongst all the participants and viewers so as to know the response of the people.

Advertisement of the activity:

PR messages were circulated amongst all the students and on various social media platforms. Along with the PR messages, the links for videos, Google meet and registration activities were circulated through WhatsApp and other social media.

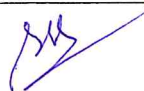
Result of your activity:

This camp was a success as the feedback form had positive responses. Also, the views of the YouTube, Facebook and Instagram videos indicated the reach of the camp. This camp has created awareness amongst students and common people regarding all aspects of lockdown health including awareness about the corona virus, precautions and prevention, mental health during covid times and physical health.

All the links used during the camp:

Day	Date	Activity
Day 1	30 th October	Video release – Corona warriors
		Meme yard 1.Registration link




Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Office,
Chembur, Mumbai - 400 074.

		2. List of participants (Excel sheet)
		3. Instagram link for voting
Day2	31 st October	Video release- Covid safety measures
		Mask-e-teers: 1.Registration link
		2. Submission link
		3. Evaluation Google meet link
		4. Link for mask-e-teers Google meet recording
Day 3	1 st November	Instagram live: 1.Instagram handle
		2. Instagram Live video link
		Just breathe: 1.Google meet link
		2. Google meet recording
		YouTube Link
		Facebook link
		3. Feedback link
		4. Feedback response link:
		Untold Stories:

Activity Report – Community Outreach Campaign

☐ College Code: 02

☐ Coordinator of Activity and her/his email address and contact number:

- Mr. Pratik Barve
9619515815


☐ Digital platform/s where the event was conducted:

Sr. no.	Name of the digital platform along with the social media handle	Date	Activity
1.	YouTube	13/11/20	Video upload
2.	Facebook	13/11/20	Video upload
3.	Instagram	13/11/20	Video upload

☐ List of volunteers and their contact numbers:

Name	Contact no.	Name	Contact no.
Haabil Hirkani	8850020130	Akanksha Soman	8828482903
Harshil Shah	9004123431	Saloni Rane	9082457905
Hitesh Lodh	9920056325	Shrejal Kanojiya	8425973900
Arbaaz Khan	9769603649	Tejasvi Thube	8291727504
Sarita Sonar	7506850130	Omkar Toke	9892437013
Nishta Pal	8433871759	Upasana Tiwari	9819971088
Anjali Dighe	8169079671		




Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

❑ **Description of the Activity:**

❖ **Methods Used for Conducting the Campaign:**

A vaccination is a drug that contains a killed or weakened organism that produces immunity in the body against that organism (www.vaccines.gov). People of all ages are encouraged to get vaccinations not only to protect themselves but also for the safety of the public. Children begin the vaccination process at the time of birth and continue to receive vaccines throughout their adolescent years. The vaccinations are imperative in the protection from diseases, such as Hepatitis A, Meningitis, Tetanus, etc. Vaccination is widely considered one of mankind's utmost medical achievements. Diseases that were not long ago prevalent in society are now rare due to vaccines.

Although science has proven time and again that vaccines are safe, some people are still skeptical about them and refuse to be vaccinated. Hence there is a great need of educating society about vaccines, their development, manufacturing and distribution process.

With regards to the Community Outreach Program, PHO committee of CODE NO. 2 displayed a Drama for the beneficiaries on 13th of November, 2020. The drama was performed by the PHO committee members along with student volunteers of CODE NO. 2. Before the presentation of skit, a survey was conducted through Google Form. The survey contained questions related to vaccines like-efficacy of vaccines, developmental processes, distribution and pricing processes, guidelines by the CDC issued for vaccination and various methods of administering vaccines. The drama based on the responses of survey answers brought to light the importance of vaccination, its development, manufacturing, pricing and distribution processes. The plot of the skit revolved around a naïve boy unaware of various cumbersome procedures, their significance and why it takes so long for manufacturing a safe, effective and efficient vaccine. Another scene emphasized on the pre-clinical and clinical trials, their different stages, methods used to conduct those stages, basic storage conditions, patenting, and distribution of a full fledged vaccine.

The aim of the programme was to enhance the knowledge of viewers on different dynamic procedures that are followed to prepare fruitful vaccination. Still there is a need to impart more knowledge to the weaker sections of society who are illiterate and bound with many taboos.

❖ **Advertisement of the Activity:**

A trailing message and an artwork in the .gif format was created for promotion of video which was circulated via various social media pages. Apart from this, promotion on a personal level was done by the committee members via their own personal resources.

❖ **Result of the Activity:**

The volunteers enthusiastically participated in the activity with great zest. The viewers were appreciative, their willingness to watch the drama made this campaign a successful one with overwhelming views across different social media platforms. Questions asked by beneficiaries in the survey form like information on vaccine trails, how clinical trials happen? Active ingredients in vaccines, different aspects of manufacturing and distribution processes, costing of vaccines, and the authorities which regulate these processes were answered in the drama itself in a very uncomplicated manner. The viewers found that the video was ingenious, and unambiguous. This ensured that the objective of the campaign was fulfilled.

Activity Report – Pharmacy Profession Awareness Camp

☐ **College Code:02**

☐ **Coordinator of Activity and her/his email address and contact number:**

Mr. Pratik Barve
9619515815

☐ **Digital platform/s where the event was conducted:**

Sr.No.	Name of the digital platform along with the social media handle	Date	Activity
1.	Zoom Meeting	16th January , 2021	Webinar

☐ **Number of target audience:112**

☐ **List of volunteers and their contact numbers:**

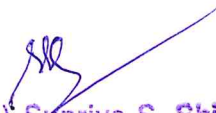
(Scanned IDs to be attached at the end with the photos)

Name	Contact no.
Khan Arbaaz Jasser	9769603649
Habil Hirkani	9930405622
Prajakta Deole	740020850
Soman Akanksha	8828482903
Upasana Tiwari	9819971088
Ayushi Dumbre	9324238606
Anupama Nair	8104584668
Gerard Fernandes	7045650190
Santhana Kumarsen	7045582214
Shubhangi Yamgar	9137189885
Ojas Gadre	7045682074

☐ **Description of the activity:**

❖ **Methods used for conducting the campaign:**




Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

Students today have a dizzying array of career choices unlike previous generations. As exciting as it sounds to have so many possibilities, it can be daunting and stressful at the same time. Especially when one has no sense of purpose or direction. It can cause a person to end up wasting precious time lingering upon career options which might not be the best fit for them. Thus, choosing a proper and suitable career path early can give one a jump-start on a bright and fulfilling future.

The ongoing pandemic has left its indelible mark on the socio-economic relations which obviously has affected the job market, and various other avenues. This has made students vulnerable, hence timely and comprehensive career counseling can help them take steps in the right direction.

Owing to this, the CODE NO. 2 PHO committee conducted a 'Pharmacy Profession Awareness Camp' for students of Swami Vivekanand Vidyalay on 16th of January, 2021.

The pharmacy profession awareness campaign was conducted to educate the students and provide an insight on scope of practice of pharmacy and the integral role pharmacists play in healthcare.

The camp was conducted in a very elaborative way starting with a survey through google form which consisted of basic questions related to pharmacy, a very informative webinar via zoom call, a Q/A session in the webinar itself, ending with a feedback form, and sharing an introductory video of pharmacy academia via email. The webinar was conducted by Mrs. ABC (Asst. Professor, CODE NO. 2) and Mr. XYZ (Asst. Professor, CODE NO. 2). In the webinar both the speakers walked the students through the essentials of the pharmacy profession, how to secure admission into B.Pharm course, university and state level exams for getting admission into B.Pharm course, various colleges of pharmacy in Mumbai, they also helped students segregate between aided and unaided colleges, the average fees of pharmacy colleges, academia of pharmacy, its branches, job prospects after B.Pharm, scope of pharmacy in India and abroad, industry, major pharmacy branches opted in India and finally scholarships available for the aid of students.

The whole webinar was focused on substantiating Pharmacy as a prospective profession and bursting the naïve facts surrounding the profession.

❖ Advertisement of the activity:

A poster was created for promotion of webinar. The PHO committee approached the Principal of Swami Vivekananda Vidyalaya Dr. Lekha Visaria for conducting a webinar and convinced her that the lack of awareness of Pharmacy as recognizable profession is prevalent in society; therefore such a webinar becomes necessary to give a reality check of actual situation.

❖ Result of your activity:

The volunteers prepared the presentation and poster enthusiastically and participated in the camp with great zeal. The audience was appreciative of all the hard work put in by speakers and volunteers. The good response obtained through the feedback form ensured that the objective of camp was fulfilled. Hence the role, scope and importance of pharmacy as a profession was effectively communicated through the webinar.

SYNOPSIS
DATE: 16/01/2021
BY: CODE NO. 2
PAGE: 1



PUBLIC HEALTH OFFICE 2020-21

Indian Pharmaceutical Association-
Maharashtra State Branch Students Forum

Activity Report – First Aid Camp

➤ Organizing Institute: Vivekananda Education Society's College Of Pharmacy

➤ Co-ordinator of Activity and her/his e-mail address and contact number:

- Pratik Barve
- pratik.barve@ves.ac.in
- +91 9619515815

➤ Digital platform where the event was conducted:

Sr. No.	Name of the digital platform along with the social media handle	Social media link of the given event	Date	Timing (In case of webinar)	Activity
1.	Zoom	https://zoom.us/j/95016878333?pwd=Z01FakRiSFNBRHYvYlpBRUFFNVptUT09	7 th February, 2021	3pm- 4pm	Webinar


➤ Number of target audience: 68.

➤ List of volunteers and their contact numbers:

(Scanned IDs to be attached at the end with the photos)

Name	Contact no.
Arbaaz Khan	9769603649
Ayushi Dumbre	9324238606
Gerrard Fernandes	7045650190
Akanksha Soman	8828482903




Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Behind Collector Colony,
Chembur, Mumbai - 400 074.

➤ **Description of the activity:**

❖ **Methods used for conducting the campaign:**

First aid becomes of paramount importance to deal promptly in emergency situations before any trained medical professional arrives. It is often helpful in preventing things from escalating from bad to worse. Whether it is a minor cut or a lethal accident, timely and swift first aid can ensure safer environment and help prevent further complications. Becoming trained on first aid methods helps feel more in control of situation and instills confidence to deal with emergency situations in the most efficient manner.

Keeping the benefits of first aid training in mind Vivekanand Education Society's College of Pharmacy's Public Health Office in collaboration with 'The Movement India' arranged a webinar for people of 'Naunihal Shelter Home' on 7th of February 2021. The webinar highlighted importance of first aid and various techniques of first aid during some emergency situations. The webinar began with what, where and how first aid is used, components of first aid box and their uses. Later on, the volunteers themselves demonstrated first aid measures to be followed while crucial situations like seizures, heart attack, snake bite, fire burn, choking, animal bite, sun stroke, electrocution, road mishap and low and high blood pressure. During the explanation of heart attack safety measures, CPR technique was demonstrated and while explaining sun stroke, the volunteer prepared an ORS solution herself on screen so that the beneficiaries can have a better understanding. Along with safety measures, general information like ambulance contact number was shared and the suggestion of not indulging in any kind of recording of accident was propagated. In a nutshell, the message that- each and every minute should be used for saving victim was emphasized. In this manner, an elaborate and informative webinar was conducted to prevail the awareness of first aid.

❖ **Advertisement of the activity:**

The committee members had themselves approached The Movement India for the camp and convinced them the need of such awareness camps especially in such a pandemic. The organizers were convinced of the importance of such campaign and why they must be conducted to educate people and abolish wrong practices.

❖ **Result of your activity:**

The beneficiaries were educated on various first aid techniques by personalized demonstration, which helped them in being confident of handling of crucial emergency situations. Infectious enthusiasm of volunteers and their willingness to step out of their comfort zone to demonstrate was appreciated by the beneficiaries and the organizers. Hence the webinar ensured that the motive of campaign was sufficed.

❖ **Link of video of webinar:**

<https://drive.google.com/file/d/17ALnfMBjP5GGk0vlwKaelMauS4pHMcj-/view?usp=drivesdk>

❖ **Link for of feedback form:**

<https://forms.gle/R7W9dm9gZtPEZscm9>

❖ **Responses of feedbacks form:**

https://docs.google.com/spreadsheets/d/1uEr1UzC4prqu1WopqVb8WyrE6-vYoy0mvlrp-NtOu_c/edit?usp=drivesdk

➤ **Photos:**

❖ Screenshots of webinar:



❖ Screenshots of feedback form:

First Aid Webinar
Vivekanand Education Society's College of Pharmacy, Chembur, Mumbai-400 074

Name of participant *

What was the best part of the session? *

Any comment/suggestion *

Thank you for attending session!

Submit

Was the session useful? *

☐ Excellent
☐ Good
☐ Fair
☐ Poor

Will you use these first aid techniques in real life? *

☐ Yes
☐ No

Requires sign in
☒ Limit to 1 response

Respondents can:

Was the session useful? *

13 responses

Did you like the points discuss in the session? *

6 responses

What was the best part of the session? *

13 responses

Will you use these first aid techniques in real life? *

5 responses

Heart Related
Dusro ki madad karna is the best part in this session
Heart attack ka jo that vo mujhe bahut achha laga kuki us main san Jaan kar tho
Heart
They use full in real life

Dr. (Mrs.) Supriya S. Shidhaye
PRINCIPAL
Vivekanand Education Society's
College of Pharmacy
HAMC, Dahisar, Sector Colony,
Chembur, Mumbai - 400 074.

❖ ID cards of volunteers:

